# Sublime morning at the Spa

A TRUE MOMENT OF RELAXATION



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Awaken your senses and start your day with a revitalizing experience designed to nourish both body and mind. Our Morning Spa Package offers you a true moment of relaxation and well-being, where every detail is carefully curated to bring balance and serenity. For an even more immersive experience, you will be with the same therapist throughout your journey. From your exercise session to your spa treatment, your therapist will understand your needs and tailor each step to ensure a seamless and personalized flow. This continuous approach allows you to fully unwind, knowing that every touch and technique is thoughtfully designed to maximize your well-being.

#### YOUR EXPERIENCE INCLUDES

#### Yoga or Pilates Session

Begin your morning with a 60-minute invigorating practice (Hatha, Iyengar, Therapeutic, Nidra, or Pilates), customized to your needs.

#### Access to the Sublime Spa

Enjoy a moment of pure relaxation in our wellness space, featuring a jacuzzi, indoor pool, Turkish bath, and sauna.

#### **Relaxing Herbal Infusion**

A comforting touch to enhance your experience.

#### Personalized Body & Face Treatment

An 80-minute deeply relaxing massage, combining a tailored back treatment followed by an essential facial care ritual.

### OPTIONAL EXTRA

## Light Lunch at Sem Porta Bar

Conclude your morning with a balanced, carefully prepared meal.





Sublime COMPORTA

# Indulge in this moment of self-care and embrace a renewed sense of harmony and relaxation.

Price: 295€ / 355€ (Lunch Included) | Subject to Availability

## spa.reception@sublimecomporta.pt + 351 269 449 376

Pre-payment required at the time of booking, with a free cancellation policy up to 48 hours before the date. After 48 hours, there will be a 100% penalty.

- Pack available for gift voucher -

